



## CEREAL, CORN SQUARES, READY-TO-EAT

Date:

Code: B851

### PRODUCT DESCRIPTION

- Corn squares cereal is a ready-to-eat cereal with added vitamins and minerals but no added sweeteners.

### PACK/YIELD

- Corn squares are packed in about 16 ounce boxes, which is 12 servings (1 cup each). Since box sizes may vary, check package for exact amount.

### STORAGE

- Store unopened boxes of corn squares in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.
- Look at the "Best if used by" or "Best by" date on the box.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Top corn squares with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Eat dry corn squares as a healthy afternoon snack.
- Corn squares can be used in a variety of recipes calling for dry, ready-to-eat cereal.

### NUTRITION INFORMATION

- 1 cup of corn squares counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- 1 cup of corn squares provides 70% of daily recommended amount of iron

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size 1 cup (31g) corn squares cereal

#### Amount Per Serving

<b>Calories</b>	110	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 3g	
<b>Protein</b> 2g	

Vitamin A	8%	Vitamin C	10%
Calcium	12%	Iron	70%

\*Percent Daily Values are based on a 2,000 calorie diet.

**CARAMEL CHOCOLATE DRIZZLES****MAKES ABOUT 8 SERVINGS****Ingredients**

- Nonstick cooking spray
- 4 cups corn squares cereal
- 2 tablespoons evaporated milk
- 1 ½ tablespoons margarine
- 4 ounces caramel candy pieces (about ½ cup or 10 caramels)
- ¼ cup chocolate chips

**Directions**

1. Heat oven to 300 degrees F. Coat a baking sheet with cooking spray.
2. Spread cereal in a single layer on pan.
3. In a medium saucepan, heat milk, butter, and caramels over low heat, stirring constantly, until caramels are melted.
4. Pour over cereal, stirring until evenly coated.
5. Bake 20 to 24 minutes, stirring after 10 minutes, until golden brown.
6. In a saucepan, melt chocolate chips over very low heat. Stir until melted. Drizzle chocolate over snack. Refrigerate about 30 minutes or until chocolate is set.

Nutrition Information for 1 serving (about ½ cup) of Caramel Chocolate Drizzles					
<b>Calories</b>	160	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	14 g
<b>Calories from Fat</b>	50	<b>Sodium</b>	150 mg	<b>Protein</b>	2 g
<b>Total Fat</b>	5 g	<b>Total Carbohydrate</b>	27 g	<b>Vitamin A</b>	158 RAE
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	0 g	<b>Vitamin C</b>	5 mg
				<b>Calcium</b>	33 mg
				<b>Iron</b>	5 mg

*Recipe adapted from Recipezaar.com.***SKILLET TACO CASSEROLE****MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 pound lean ground beef (or use ground turkey instead)
- 2 cups corn squares cereal, crushed
- 1 cup kidney beans, drained
- 1 can (about 15 ounces) low-sodium added tomato sauce
- 1¾ cups fresh tomatoes (or 1 can (about 15 ounces) diced tomatoes, undrained)
- 1 cup corn, canned, drained
- 1 tablespoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ cup reduced-fat cheddar cheese, shredded

**Directions**

1. In large skillet, cook ground beef until brown. Drain off fat.
2. Stir in corn squares cereal, beans, tomato sauce, tomatoes, corn, chili powder, garlic powder, and pepper. Bring to a boil. Reduce heat and cook, stirring frequently, for 5 minutes.
3. Remove from heat. Sprinkle with cheese. Let stand, covered, for 10 minutes or until cheese is melted.

Nutrition Information for 1 serving of Skillet Taco Casserole					
<b>Calories</b>	370	<b>Cholesterol</b>	60 mg	<b>Sugar</b>	8 g
<b>Calories from Fat</b>	140	<b>Sodium</b>	310 mg	<b>Protein</b>	25 g
<b>Total Fat</b>	16 g	<b>Total Carbohydrate</b>	34 g	<b>Vitamin A</b>	167 RAE
<b>Saturated Fat</b>	7 g	<b>Dietary Fiber</b>	5 g	<b>Vitamin C</b>	27 mg
				<b>Calcium</b>	200 mg
				<b>Iron</b>	8 mg

*Recipe adapted from Kelloggs.com*